

# Non-pharmacological Treatment vs Pharmacological Treatment for Non-acute Lumbar Disc Herniation

NCT06024460

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Jaseng Medical Foundation
Enrollment	200 participants

## Key Eligibility Criteria

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### Inclusion (5)

- aged 19 to 69 years.
- lower back pain that has persisted for at least 1 month.
- a Numeric Rating Scale (NRS) score of 5 or higher for either lower back pain or radiating leg pain over the past three consecutive days.
- confirmed lumbar disc herniation on MRI that can explain the lower back pain.
- who have provided written informed consent and agreed to participate in the clinical study.

### Exclusion (12)

- diagnosed with specific severe diseases that could be the cause of lower back pain or leg pain (e.g., spinal metastasis, acute fractures, and spinal dislocation).
- showing progressive neurological deficits or severe neurological symptoms.
- with pain originating from soft tissue disorders other than the spine (e.g., tumors, fibromyalgia, rheumatoid arthritis, gout).
- with other chronic conditions (e.g., stroke and myocardial infarction, renal disease, diabetic neuropathy, dementia, epilepsy) that may interfere with the treatment effect or result interpretation.
- taking steroids, immunosuppressive drugs, psychiatric medications, or other medications that may impact the study results.

... and 7 more (see full listing online)

## Locations (4 total)

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Jaseng Hospital of Korean Medicine, Seoul, Gangnam-Gu, South Korea  
Bucheon Jaseng Hospital of Korean Medicine, Bucheon-si, Gyeonggi-do, South Korea  
Haeundae Jaseng Hospital of Korean Medicine, Busan, South Korea  
... and 1 more locations